



1st Gup Candidate Requirements

Ki Cho

- A). Hand Techniques – All Basic and Combinations Required. Techniques with Hu Jin (Stepping Back) Singly and in Combinations may be Required.
- B). Foot Techniques – Front Pushing Kick, All Single Jumping Kicks Required. Hand and Foot Combinations Moving Forward and Backward can be Required.

Hyung

Du Mun (Yuk Ro Cho Dan)
Chil Sung Sam Ro Hyung

Il Soo Sik Dae Ryun

15 - # 18

Ho Sin Sool

Side and Back Grab: # 1 - # 2

Kyok Pa

Kap Kwan Kong Kyuk or Dwi Hu Ri Gi

Oral Exam

- A. Eight Key Concepts
- B. Terminology of Soo Bahk Do movements.
- C. Control of Breathing: Ho Hup Cho Chung
- D. Ten Articles of Faith on Mental Training.
- E. Sample Question: Do, What is its meaning?